



NOTES

PERSONALITY DISORDERS: CLUSTER B

GENERALLY, WHAT ARE THEY?

PATHOLOGY & CAUSES

- Antisocial, borderline, histrionic, narcissistic personality disorders
- Deviations from cultural expectations → affects day-to-day life, relationships
- Linked to depressive, substance use disorders

CAUSES

- May be genetic, environmental

SIGNS & SYMPTOMS

- Unusual behavior
- Poor relationships

DIAGNOSIS

- Unusual behaviors/traits
- Not explained by other condition/substance

TREATMENT

MEDICATIONS

- Antidepressants

PSYCHOTHERAPY

- See individual disorders

CLUSTER B

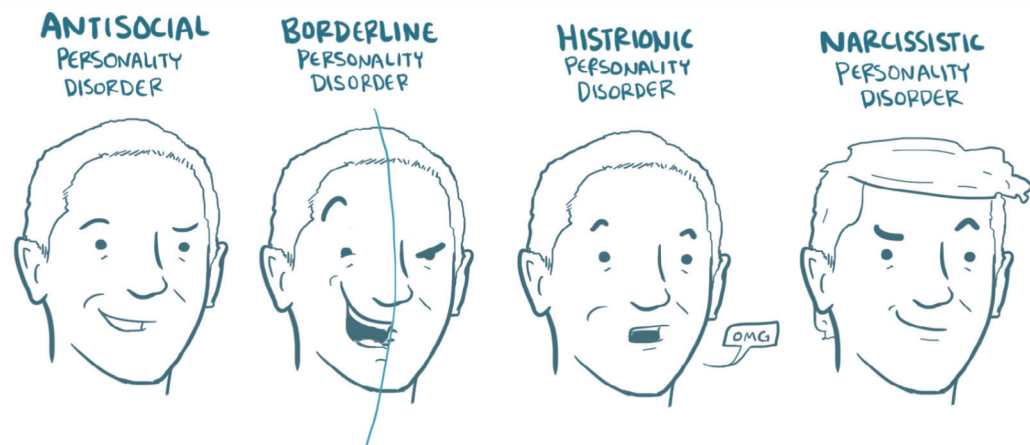


Figure 99.1 Illustration depicting the four cluster B personality disorders: antisocial personality disorder, borderline personality disorder, histrionic personality disorder, and narcissistic personality disorder.

VISIT...

LANZAROTE
Caliente.COM

ANTISOCIAL PERSONALITY DISORDER

osms.it/antisocial-personality-disorder

PATHOLOGY & CAUSES

- Uses charisma to manipulate others.
- Disregard for moral values, societal norms, rights of others
- Poor impulse control, lacks empathy
- Willing to hurt others for own benefit → aggressive, unlawful behavior → often given "sociopath"/"psychopath" label
- Associated with substance use disorders, overrepresented in prisons

CAUSES

- May be genetic, environmental; more common in biological males

SIGNS & SYMPTOMS

- Outwardly normal behavior
- Hidden hostility, callousness, disregard for others

DIAGNOSIS

- ≥ three of following
 - Does not conform to societal norms
 - Deceitful
 - Impulsive
 - Irritable/aggressive
 - Reckless
 - Irresponsible
 - Unremorseful
- Age > 18, conduct disorder since age < 15
- Not explained by other condition



MNEMONIC: CC/AA

Conduct disorder/antisocial personality disorder

Conduct disorder is seen in children

Antisocial personality disorder is seen in adults

TREATMENT

PSYCHOTHERAPY

- E.g. self help groups

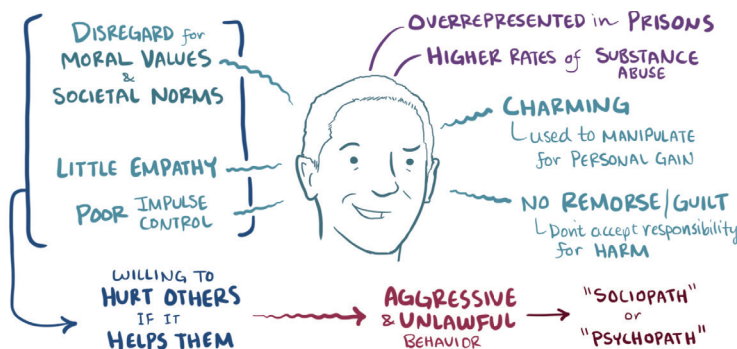


Figure 99.2 Illustration depicting thoughts and symptoms of antisocial personality disorder.

BORDERLINE PERSONALITY DISORDER

osms.it/borderline-personality-disorder

PATHOLOGY & CAUSES

- Unstable moods (intense joy ← → rage)
- Intense relationships that sour over time
- "Stable instability" (consistent pattern of instability)
- Splitting (extreme perspectives: things seen as completely good/completely bad)
- Fear of abandonment

CAUSES

- May be genetic, environmental

SIGNS & SYMPTOMS

- Unstable mood
- Fear of abandonment (real/imagined)
- Splitting
- Suicidal/self-harming behavior

DIAGNOSIS

- ≥ five of following
 - Frantic avoidance of abandonment
 - Unstable, intense relationships
 - Unstable self-image
 - Self-destructive impulsivity
 - Suicidal/self-harming behavior
 - Emotional instability
 - Feeling empty
 - Anger management issues
 - Transient paranoid thinking
 - Not explained by other condition

TREATMENT

MEDICATIONS

- Antipsychotics, antidepressants

PSYCHOTHERAPY

- E.g. dialectical behavior therapy, mentalization-based therapy, transference-focused therapy

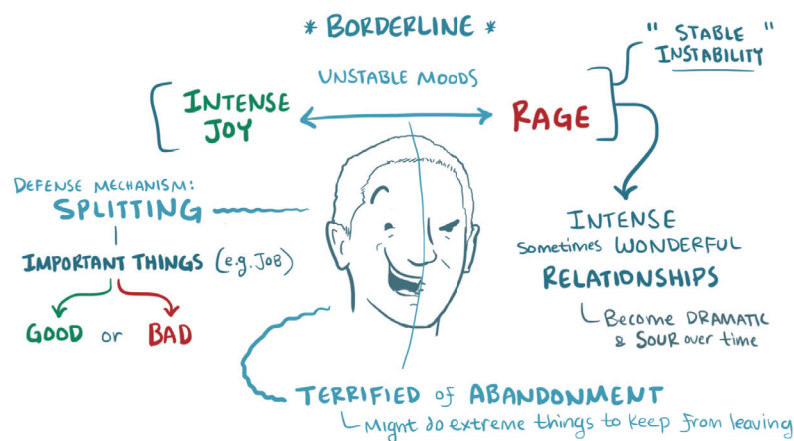


Figure 99.3 Illustration depicting thoughts and symptoms of borderline personality disorder.

HISTRIONIC PERSONALITY DISORDER

osms.it/histrionic-personality-disorder

PATHOLOGY & CAUSES

- Attention-seeking, excessive emotionality.
- Manipulative tendencies
- Superficial relationships
- Shallow, flighty, egocentric

CAUSES

- May be genetic, environmental

SIGNS & SYMPTOMS

- Exaggerated thoughts, feelings (e.g. tantrums)
- Superficial relationships
- Excessively seductive behavior
- Attention-seeking behavior

DIAGNOSIS

- $\geq$ five of following
 - Must be center of attention
 - Inappropriate (e.g. provocative) interactions
 - Fast changing, shallow emotions
 - Uses **appearance** to draw attention
 - Vague speech
 - Exaggerated manner
 - Easily affected by others/situations
 - Mistakes relationships as more intimate
- Not explained by other condition

TREATMENT

PSYCHOTHERAPY

- Psychoanalytic therapy

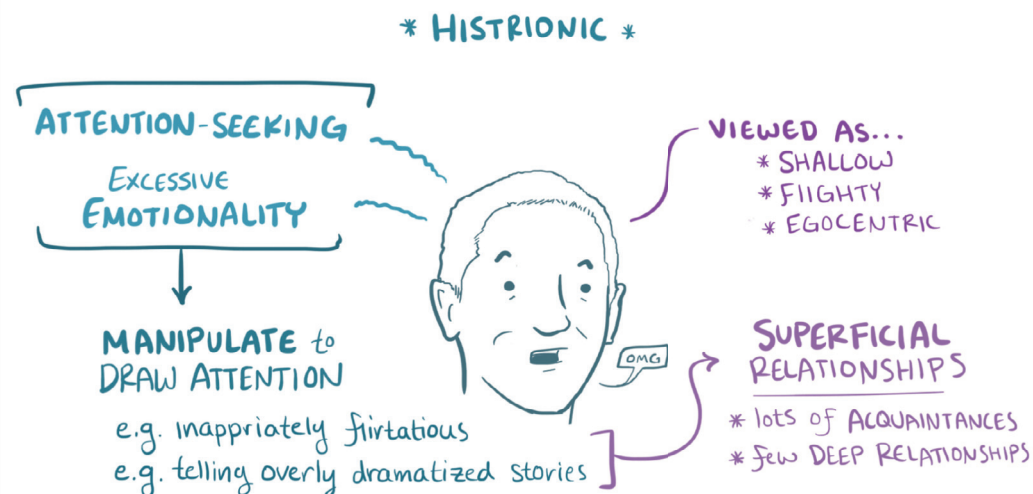


Figure 99.4 Illustration depicting thoughts and symptoms of histrionic personality disorder.

NARCISSISTIC PERSONALITY DISORDER

osms.it/narcissistic-personality-disorder

PATHOLOGY & CAUSES

- Grandiose self-image
- Demands special treatment
- Thinks ideas are best, should be supported
- Fragile self-esteem, lashes out if slighted
- Lacks empathy
- Exploitative of others
- Only involved in what advances personal agenda

CAUSES

- May be genetic, environmental

DIAGNOSIS

- $\geq$ five of following
 - Grandiose self-image
 - Fantasies of grandiosity
 - Believes they are “special”
 - Seeks admiration
 - Entitled
 - Exploitative
 - Thoughtless
 - Envious/jealous
 - Arrogant
- Not explained by other condition

SIGNS & SYMPTOMS

- Sense of entitlement
- Arrogant behavior
- Vulnerable to criticism
- Exploitative of others

TREATMENT

MEDICATIONS

- Lithium, SSRIs, other antidepressants

PSYCHOTHERAPY

- Psychoanalytic therapy, group therapy



Figure 99.5 Illustration depicting thoughts and symptoms of narcissistic personality disorder.